Sept. 10-14

Elementary Breakfast

Monday, Sept. 10: Breakfast burrito or bagel with toppings, apple slices, milk.

Tuesday, Sept. 11: Ham and cheese muffin or cereal choice with yogurt cup, chilled peaches, milk, juice.

Wednesday, Sept. 12: Breakfast burrito or fruit muffin choice, chilled pineapple, milk.

Thursday, Sept. 13: French toast sticks or bagel with toppings, banana, milk, juice.

Friday, Sept. 14: Scrambled eggs or cereal choice with grahams, pears, milk.

Elementary Lunch

Monday, Sept. 10: Meatballs in sauce, seasoned pasta, seasoned corn, fruit and veggie bar, milk.

Tuesday, Sept. 11: Breaded chicken nuggets, whole wheat bread slice, seasoned corn and

carrots, fruit and veggie bar, milk.

Wednesday, Sept. 12: Toasted turkey and cheese on whole wheat, corn on the cob, fruit and veggie bar, milk.

Thursday, Sept. 13: Oven-fried chicken, white rice, seasoned peas, fruit and veggie bar, milk.

Friday, Sept. 14: Homemade cheese pizza square, seasoned cauliflower, fruit and veggie bar, milk.

JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

JR/SR High Lunch

Monday, Sept. 10: Meatballs in sauce, spaghetti pasta, seasoned corn, fruit and veggie bar, milk.

Tuesday, Sept. 11: Breaded chicken nuggets, wheat bread slice, seasoned corn and carrots, fruit and veggie bar, milk.

Wednesday, Sept. 12: Toasted turkey and cheese on whole grain bread, corn on the cob, fruit and veggie bar, milk.

Thursday, Sept. 13: Oven-fried chicken, white rice, seasoned peas, fruit and veggie bar, milk.

Friday, Sept. 14: Breaded chicken parmesan, seasoned cauliflower, fruit and veggie bar, milk.

Holyoke Enterprise September 6, 2012